

DDIFMWR

FORT BUCHANAN, PUERTO RICO
SEPTEMBER 2009

DIRECTORATE, FAMILY AND MORALE, WELFARE AND RECREATION



Hispanic Heritage Month

INSIDE:

- page 1 Recent Happenings...
- page 2 for our Soldiers...
- page 3 Sports & Fitness...
- page 4 Outdoor living...
- page 5 Entertainment
- page 6 special Events & BOSSs...
- page 7 for our Children & Youth...

SALSA *vite*
Details on
the center page...





Recent Happenings

Mini-Special Olympics... Made Possible by Integrated Efforts

On 2 July 2009 the Fort Buchanan water park "The WaterSpout" opened exclusively for a group of 112 very special athletes from the Domestic Dependent Elementary and Secondary Schools and the Child, School and Youth Services Summer program. Staff from both entities and the ACS Exceptional Family Member program coordinator started meetings months in advance to coordinate this event where children could interrelated in a way that promoted acceptance and positive self awareness.

Upon the children's arrival they were left to explore and splash around freely to set the tone for the special games that came later. The DFMWR Sports Coordinator, Juan Sanfeliz, Jr., modified a series of water games using floatation devices, balloons, buckets, hula hoops, beach balls and water guns. These games prompted physical agility and fun. Occupational therapists helped children when needed but did not limit them from trying on their own.

Children's faces radiated with delight and satisfaction as the entire group took part of a Water Aerobics session and a "Give Me Water Zumba" session with high energy music followed by rhythmical dancing movements inside



the water guided by a volunteer instructor, Grexia Roig. Besides water activities some children also engaged in creating a collective art rug painted on the floor. The WaterSpout's walls were decorated with art objects they had previously created for the occasion in their classrooms.

When the activity was about to end, each mini-athlete was handed a certificate of appreciation, 5 activity books, 5 coloring books and crayons. Food,

snacks and refreshments were also provided. A bright yellow smiley toy with the message "Everyone is Special" was carried by each child as they walked out of the facility. The 36 staff members and volunteers that worked in support of the event left with a smiley heart.

By: FMWR Marketing



National Hispanic Heritage Month • September 15 - October 15

The U.S. Census Bureau reports that Hispanics make up roughly 15 percent of the United States total population as of July 1, 2008, making people of Hispanic origin the nation's largest ethnic or race minority. In addition, there are approximately 4 million residents of Puerto Rico. The roots of Hispanic Heritage in America stretch from Caribbean to California and back more than 500 years. Many people with Hispanic Heritage have inspired others with their deeds and contributions to the world in science, arts, literature, business and sports. DFMWR joins the celebration by acknowledging the richness of this Hispanic culture which people who work in Fort Buchanan are fortunate enough to experience.



Photo at left: USA Express Band members after their last presentation in Fort Buchanan, with Garrison Commander COL Edwin C. Domingo (left side) and CSM David Davis.

USA Express entertains Fort Buchanan

Members of the USA Express ARMY band entertained Fort Buchanan's Soldiers, their Families and civilians. The band visited the Island for two presentations on August 6th and 7th at Buchanan's Community Club. The 2009 USA Express entertains Soldiers around the world and brings them music. The band consists of seven Soldiers, two active duty and five members drawn from the ranks of ARNG and Reserve Components.

Vocals, SSG Laura Snyder, 1L Rockwell Allen, SGT Daniel Jaggie and SSG David Robinson sang all types music. While SGT Steven Higgins on bass, SGT Terrance Jones on the sax and SGT Jessica Krzmarzick on keyboard performed. The band played everything from old standards to today's hip-hop and R&B. But the crowds favorites were 80's anthem "Living on a Prayer" from Bon Jovi and "So what" from PINK.

By: FMWR Marketing



Directorate, Family and Morale, Welfare and Recreation

• Mr. Dallas J. Petersen, Director

DFMWR Admin. Officer:
Elaine Hardrick

Business Operations Division
Chief: Jerome Hesby •
T. 787-707-3373/3980 • Bldg. 390

**Community Recreation
Division**

• Chief: Ms. Mara Clemente
T. 787-707-3301 • Bldg. 390

Child, Youth & School Services

• Chief: Dr. Irma Julia
T. 787-707-3399 •
Bldg. 1020-A Buchanan Heights

Army Community Service

• Chief: Mr. Rafael Gilestra •
T. 787-707-3292/3709/3804 •
Bldg. 1019-A, Buchanan Heights

A World of Opportunities to reach the Military Market in the island...

For Commercial Sponsorship and/or Paid Advertising:

Marketing, Advertising &
Commercial Sponsorship office:
T. 787-707-3719/3711
F. 787-707-3715 or E-MAIL:
grace.meinhofer@us.army.mil
or neysa.maldonado@us.army.mil

This is an unofficial publication
produced by Marketing
Advertising & Commercial
Sponsorship,
Fort Buchanan, P.R.

SEPTEMBER 2009

Housing Market Crisis: Support to Soldiers and Families



HOUSING CRISIS RESOURCES

Websites:

Military OneSource: www.militaryonesource.com

Army OneSource: www.myarmyonesource.com

Military Homefront: www.militaryhomefront.com

Army Housing OneStop: <https://onestop.army.mil>

Automated Housing Referral Network:
www.ahrn.com

Army JAG: www.jagcnet.army.mil

Housing Assistance Program (HAP):
www.hap.usace.army.mil

Local and Installation Resources

- Army Community Services (ACS) Financial Counseling: 787-707-3310
Offers spouse employment counseling: 787-707-3365/3804
- Army Emergency Relief: Offers grants and loans for Soldiers who are renting off-post, 787-707-3310

Family Advocacy Program

Classes for September

Stress and Anger Management

Tuesdays, 1, and 15 September, 4:30pm - 5:30pm at Army Community Service, Bldg. 1019-C, Buchanan Heights.

Parenting Class I

Thursdays, 3, 10, 17 & 24 and Wednesday, 30 September, 3:30pm - 4:30pm at Army Community Service, Bldg. 1019-D, Buchanan Heights.

New Parent Support Morning Playgroup

Wednesdays, 9 and 23 September, 9 am - 11 am at Child Development Center, Bldg. 348.

Improve Your Communication Skills • Class

Tuesday, 29 September, 4pm - 5:30 pm at ACS Bldg. 1019-D, Buchanan Heights.

For information or training request, please contact: Ms. Carmen Teresa Rivera, FAP Educator, 787-707-3698, Ms. Wilda Díaz, FAP Manager, 787-707-3709

Sexual Assault Prevention & Response Program AR 600-20

For military personnel only. • Awareness Training • Response to victims 24/7 **Emergency hotline 787-406-4222**

Victim Advocate Services

Support for victims of domestic violence and sexual assault. More information at 787-707-3709. For FAP & SAPR program related information call Ms. Wilda Díaz at 787-707-3709 or email: wilda.diaz@us.army.mil.

Relocation Readiness

Cross Cultural Adaptation Tour to Río Piedras Farmer's Market

Thursday, 17 September, 8:30 am - 12:30 pm. This tour is via public transportation, departing from the golf course parking lot. An opportunity to see fresh produce from Puerto Rico and visit specialty and bargain shops.

Scrapbooking Classes

Wednesdays 9 and 23 September, 3 - 5 pm. Enjoy a relaxing time while learning a creative and interesting way to preserve and present your favorite photos. At ACS Conference room, Bldg. 1019, Buchanan Heights.

For reservations & more information call Ms. Adria Lucca, 787-707-3682/3697 email: adria.lucca@us.army.mil

Exceptional Family Member Program

Bldg. 1019, García Street, Buchanan Heights, 1:30 pm. For information please call 787-707-3292, or email: raymond.morales@us.army.mil

Army Volunteer Corps

To become a volunteer call at 787-707-3365/3804 or visit Bldg. 1019, García Street, Buchanan Heights. Email: ivette.davila@us.army.mil or maria.m.hernandez@us.army.mil

Employment Readiness Program

Employee Readiness Program will continue providing assistance on career orientation, resume writing, interview skills and guidance on the Army Spouse Assessment Tool (ASCAT) and the new funding assistance of

Army Spouse Career Advancement Account Program

For individual or group session appointments visit ACS, Bldg. 1019, Buchanan Heights, Mondays through Fridays from 7 am - 2:30 pm or call 787-707-3365. ID Card is required.

Financial Readiness Program Classes

- The Influence of Advertising, recognize how and when advertising techniques can influence buying decisions. and Thursday, 17 September
- Too Good to Be True, learn to protect yourself from consumer scams.

Thursday, 24 September
Classes from 10 - 11:30 am at ACS, Building 1019, Garcia Street, Buchanan Heights.

Please call Ms. Arlene Romero for class schedules at 787-707-3310 or email: arlene.romero@us.army.mil

Army Family Team Building

For information call Mr. Ernesto Berrios at 787-707-3290/ ernesto.berrios@us.army.mil



The Army's Official website for military families is:
myarmylifetoo.com

Mini Library with Books on Family Issues and Self-help

At ACS, Bldg. 1019, Buchanan Heights. For more information contact Adria Lucca at 787-707-3682/3697.

Mission-

Facilitate the Commander's ability to provide comprehensive, coordinated, and responsive social services that support the readiness of Soldiers, civilian employees and their Families.

Chief: Mr. Rafael Gilestra
Tel. 787-707-3292
rafael.gilestra@us.army.mil
• 7 am - 4:30 pm

INFORMATION & REFERRAL

The backbone of all Army Community Services programs. ACS maintains extensive resource listings for the military and civilian community. It is a good place to start for any type of help you may need.

ELIGIBILITY FOR PROGRAM:

U.S. Military, Retirees, DOD Civilians, and Family Members. Some of our resources include information on:

- Child care
- Financial Matters
- Employment
- Nearest WIC Office
- Numbers for Immigration and Naturalization
- Education
- Counseling
- Food Assistance and so much more...

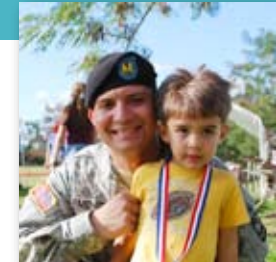
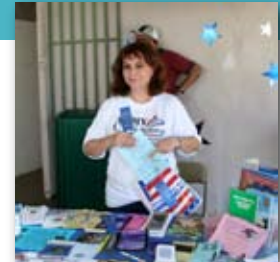
We are here to get you the information and the help you need. Questions can be answered by calling 787-707-3804/3948 or emailed to maria.m.hernandez@us.army.mil

Military & Family Life Consultants:

To help you with your daily living situations related to being part of the Army Community. Services are FREE and CONFIDENTIAL:

- Nina Martínez-Mondays - Fridays, 9 am - 5 pm, 787- 685-3423, Fort Buchanan & San Juan National Guard Center.
- Vanessa Villafañe-Mondays - Fridays, 9 am - 5 pm, 787-685-3429, Muñoz National Guard Base & Juana Díaz.

Sports and Fitness



Thank you to our
Bowling Center's
17th Anniversary
Tournament Sponsor:



The US Army does not
officially endorse sponsors.

Zumba Express + Toning

Wednesday, 2 September, 6pm
- 7:30pm at the Sports & Fitness
Center, Bldg. 167.

High Intensity Training • 40 minutes

Wednesday, 9 September, 4:30pm
the Sports & Fitness Center,
Bldg. 167. A 40 minute floor work-
out to challenge your entire body!

Athletic Blast

Tuesday, 15 September, 4:30pm at
the Sports & Fitness Center,
Bldg. 167. A combination of indoor
cycling and circuit training.

Electronic Triathlon

Starts 3 September until the 30
September at the Sports & Fitness
Center, Bldg. 167.
Do three cardio machines; the
person with the most mileage wins!
For rules call the Fitness Center,
787-707-3767.

Start polishing
your dancing
shoes for...

SALSA

nite

Maelo Rivera
y su Orquesta
"Tributo al
Sonero Mayor...
Ismael Rivera"

Fort Buchanan Community Club
Conference Center

Community Club & Conference Center
Friday, 18 September 2009
7 pm · Admission \$10 per person
also DJ music

Sponsored by: CRD Special Events
787-707-3974/3215 · Fort Buchanan

ST. THOMAS TRIP

Scuba Diving
Saturday, September 26
With 2 Hours Shopping
Departing from Outdoor Recreation, Bldg-67 @ 5:30 am

Fee: \$135. Equipment not included. For more info call 787-707-3734

Water Aerobics

Session starts September 8 @ The Water Spout
Tuesdays & Thursdays
From 10 am-11 am or 6 pm-7 pm

8 Lessons for \$30. For more info call 787-707-3550

Outdoor Recreation

Scuba Gear, Games and
Sports, Party Items,
Camping and Miscellaneous
articles for rent at nominal
fees. **Save by renting!**
Scuba Classes and monthly
Scuba Trips also offered.

Bldg. 67 Hours of Operation:

- Mon, Thu, Fri & Sat:
8 am - 4:30 pm.
 - Tue, Wed, Sun &
Holidays: Closed
- For information call:
787-707-3734 or
787-552-7222



Winter Season

Hours: Starting after Labor
Day (6 Sep) thru Memorial Day.
Open Fri, Sat, Sun & Hol,
10 am - 6 pm.
Closed Mon - Thu.
Admission fee: \$5.50 adult
(11 years and older)
Children 4 - 10 years: \$3.50
Under 3 years free



Sports & Fitness

Bldg. 167

Hours of Operation:
Mon - Fri, 5 am - 9 pm
Sat, 8 am - 6 pm • Sun,
9 am - 5 pm
Call for Holidays hours update.

Racquetball Challenge:

Sign-up to challenge the
winner of preceding games.
Racquetball court is open
to all participants; No
individual reservations made
during this period.

Civilian Wellness Program:

Department of Defense
employees are authorized
work time up to 3 days
per week, 1 hour a day,
for 6 consecutive months
to participate (once during
employee's career). Enroll
at the Fitness Center, with
medical certificate signed
by a doctor, supervisor's
authorization, and the health
risk questionnaire.

Golden Age

Program:
For patrons 50 years of age
or over. Socialize and enjoy
physical activities.
Medical certificate
required.



Sports & Fitness Director:
Luis Robles, Bldg. 1020-C
787-707-3277
luis.r.robles@us.army.mil
Fitness Center Manager:
Roberto Fernández, Bldg. 167
787-707-3767
Sports Specialist:
Juan Sanfeliz Jr.
• 787-707-3277

3

Fitness Center Ongoing Schedule

Monday

5:30 am - Indoor Cycling
12 noon - Indoor Cycling
11 am - 1 pm - Racquetball
3:30-5:30 pm - Pickup Basketball
4:30 - Indoor Cycling
5:30 pm - Zumba
6:30 pm - Indoor Cycling

Wednesday

5:30 am - Indoor Cycling
3:30 - 5:30 Pickup Basketball
11 am - 1 pm - Racquetball
4:30 pm - Indoor Cycling
6 pm - Indoor Cycling

Friday

11:30 - 1 pm - Racquetball
Challenge
3:30-5:30 pm - Pickup Basketball

Tuesday

5:30 am - Indoor Cycling
9 - 10 am - Golden Age
Challenge
12 noon - Indoor Cycling
4 - 7 pm - Racquetball Chall.
5:30 pm - Dance Step

Thursday

5:30 am - Indoor Cycling
9 - 10 am - Golden Age
Challenge
12 noon - Indoor Cycling
3:30 - 5:30 Pickup Basketball
4 - 7 pm - Racquetball Chall.
4:30 pm - Indoor Cycling
5:30 pm - Zumba

Saturday

9 am - Step Aerobics
10:30 am - Indoor Cycling
3 - 5:45 pm - Pickup Basketball



U.S. Army Veterinarian Services

Bldg. 676, Fort Buchanan
787-707-2038/2039
• Fax 787-707-2037
Open
Mon, Tue, Thu and Fri
from 8 am - 3:30 pm
Wed from 8 am - 2 pm
Saturdays:
open one Saturday per month
Call for appointment
787-707-2038

OUT OF THE BOX TRAINING CLASS

A NON TRADITIONAL FUNCTIONAL TRAINING

ALL THE TRAINING YOU NEED
Mondays and Wednesdays at 9 am
at the Sports & Fitness Center

Medicine Balls, Rubber Bands,
Cones and more...

787-707-3767
Fort Buchanan Fitness Center

4



Entertainment...



BINGO

Tuesdays & Thursdays
6pm - 9pm
cards sold at 5 pm

GIANT jackpot

Dinner available at 4:30pm

Community Club & Conference Center

BBO at the **PATIO**
CASUAL & TASTY

THURSDAYS
4pm - 9:15pm

Food Combos from \$3 to \$8

Fort Buchanan Community Club
Conference Center

787-707-3535

Fort Buchanan Community Club
Conference Center

El Boringuen Lounge

FRIDAYS

- "Social Hour" with Free Snacks from 4 - 6 pm
- Dance to the Caribbean beat! Relax, Play Pool or just chat with friends! 6 - 11 pm

787-707-3535

DFMWR joins the Year of the NCO Celebration with monthly specials for our NCOs

During September:

Automotive Skills Center:
Free Diagnostic Test for all CPLs and E-5s

Outdoor Recreation:
10% off all Equipment Rentals for all E-6s

Bowling Center: Three (3)
Free Bowling Games (shoes included) for all E-7s

The WaterSpout:
Free daily pass for E-5s and (2) guests

Golf Course:
Free Golf Clinics for all E-8s

Fitness Center:
Free Fitness Assessments for all E-9s

Community Club and Conference Center:
Buy (2) lunches and get (1) one free for all E-6s

Fort Buchanan Community Club
Conference Center

Catering Office Hours
Tuesday - Friday, 8 am - 3 pm.
Saturdays by appointment only.
Call 787-707-3535, x-206 for details.

Buffet Lunch
Tuesday - Friday, 11 am - 1 pm.
\$8 per person. An all you can eat buffet in a relaxed atmosphere!

Bingo
Tuesday and Thursday, games at 6 pm, cards sold at 5:30 pm.

BUCHANAN BOWL

Bowling Center Open Bowling
Mon - Thu • 1 - 10 pm
Friday • 11 am - 1 am
Sat • 11 am - 12 mn
Sun • 11 am - 9 pm

Cafe 300 (Snack Bar)
Mon - Thu • 11 am - 9 pm
Fri • 11 am - 12 mn
Sat • 10 am - 11 pm
Sun • 11 am - 8 pm

11th Pin Bar
Thursday • 5 - 10 pm
Friday • 5 - 12 midnight

Manager: Luis Torres
• Tel. 787-707-2695, 787-707-BOWL
E-mail: luis.r.torres@us.army.mil

Comida Criolla For Lunch:
Local Favorites with Rice n' Beans or tostones and more... with a soda. \$6
• Mon - Fri, 11 am - 2 pm

WHITE SAND TOURNAMENT
2 Person Invitational Scramble
At Fort Buchanan Golf Course Complex

October 3rd-4th
from 8 am-4 pm

• Trophies • Gift Certificates • Merchandise & more...

Ribbon Cutting Ceremony
October 2nd at 4pm

WS White Sand Tournament

For more information call 787-707-3947 / 5105

Ladies' Tuesday Special

Ladies' Tuesday includes an introduction to golf, game tips and much more...
\$10 per lady
\$5 for deployed Soldiers' wives when presenting proof of deployment
Register at the Golf Shop or by calling 787-707-3852.

Meet other ladies interested in learning golf or improving their golf game and having fun!

Month-End Madness Tournament

Friday, 28 August
• Format: 2 Person Scramble (pick your own partner) • Team Handicap based on % of combined handicaps. (Dogfight points may be used in lieu of handicap).
Cost: \$30 for annual Golf Members
\$35 for non-members
Entry includes: •Golf Cart •Meal following play •Prizes •On course beverages •Green fee if applicable

Golf Course Complex

Golf Club Snack Bar Lunch Specials
Mon - Fri, 10 am - 1 pm

Pro-Shop
Sun - Sat, 6 am to 6 pm

Manager: Mr. Jim Doulin
Tel. 787-707-3980, E-mail: jim.doulin@us.army.mil



Special Events & BOSS...

Fort Buchanan's Automotive Skill Center first to receive HYBRID certification

Fort Buchanan's Stanley Brown and Iván Reyes were recently certified as Master Hybrid Service Technicians, by the Automotive Career Development Center. Craig Van Batenburg instructed the training held in Boston Massachusetts. During a week of intense, hands on training, participants were certified to work strictly on Hybrid Vehicles. After completing the course Brown and Reyes were each provided a pair of special High Voltage Gloves used only for Hybrid repairs. Voltage on this vehicles may vary from 158 volts to 1000 volts and it is required that technicians use these for protection.

Due to the rising level of environmental awareness more people are changing to hybrid cars. Car companies have already made strides in this direction focusing more on lighter, more fuel-efficient cars. According to Mr. Brown, there are three types of HYBRID vehicles, Strong Hybrids (Toyota, Lexus, Ford, Mercury, Nissan, GM and Mazda), Mediums Hybrids (Honda) and Micro Hybrids (Saturn and some GM's). They all have distinctly different systems; a hybrid car has two engines, the first is an electric motor and the second is a gasoline engine. When your car is running at a constant speed or when it is standing but the engine is running, the gasoline engine automatically shuts off and the electricity part takes on. This way the consumption of fossil fuel and the emission level is cut down to almost half. Repairs and problems with a hybrid needs to be done by a hybrid certified mechanic.

The Automotive Skill Center at Fort Buchanan is the only Certified Shop available to provide this service to our Soldiers and their Families.

By: FMWR Marketing



Photo above Stanley Brown (left) , and Iván Reyes.



SHINING HAND CAR WASH
with Green Biodegradable Products
At The Automotive Skills Center, Bldg 159

Small Cars	Van's & Trucks
\$15 (Interior or Exterior)	\$25 (Both)
\$20 (Interior)	\$15 (Exterior)
	\$30 (Both)

By appointment (weekdays ONLY). For more info call 787-707-3972

The Fort Buchanan Post Library celebrates Hispanic Heritage Month and Banned Books Week with a display of various reading materials available for check-out.



Library

Operating Hours:

Mon - Thu 10 am- 8 pm
Fri 10 am - 6 pm
Sat 10 - 5 pm
Sun & Hol Closed
Manager: Eva Cabañas
• Telephone: 787-707-3208
• Fax: 787-707-3480/3210
• E-mail:
eva.cabanas@us.army.mil

Kids - Create Your Own Book!

Books by You inspires the love of reading and writing in children as they create and publish their own books. Available at the library...

Homework Assistance

For Elementary or Middle School students that would like some help with their homework. Every Tuesday during the school year from 2:30pm - 4pm. Students receive assistance in all subjects on a first-come first-serve basis. Students must present a valid military ID or be accompanied by an adult who has a valid military ID.

Customers' first choice

of new books and DVD selections, 1 September, 10 am.

Playaways are now available • NEW

Playaways are recorded books that are about the size of a credit card. Playaway books are portable and allow you to enjoy your favorite authors and titles on-the-go (personal headphones are required). To learn more about Playaways, visit or call the Library at 787-707-3208.

Story Time Children between ages 1 - 9 years can enjoy a story hour along with a craft. On Wednesday, 16 September at 3 pm, the theme will be "Celebrating Hispanic Heritage". For more information call 787-707-3208. Children must be accompanied by and adult to participate.

DVD Releases for September 2009

• Knowing / Nicolas Cage in a thriller about the end of the world • OZ: Complete Sixth Season / Christopher Meloni of Law and Order in a TV prison series • The Unborn Unrated / Megan Wood / Enter a world of relenting evil • Grey Gardens / Drew Barrymore/A mother and daughter relationship story • The Burning Bed / Farrah Fawcett/Domestic abuse at its worse • Coco Chanel / Shirley MacLaine / Riveting story of fashion icon Coco Chanel • Jerusalem Center OfTheWorld / Religious documentary on the city considered to be the center of all creation • Dragon Hunters / Forest Whitaker / An animated fairy tale • Phoebe In Wonderland / Elle Fanning / A coming of age movie • Madea Goes To Jail / Tyler Perry / Something big is coming to the big house • Five Fingers / Lawrence Fishburne / Submerge in the world of terrorism of a non patriot • Echelon Conspiracy/ Shane West / Security comes at a costly price • Edge Of Love / Kiera Knightley / Only thing more dangerous than war is love • Dakota Skye / Ian Nelson / A fresh intelligent comedy • Coraline / A fantastical animated adventure • Immortal Beloved (Blu-ray) / Gary Oldman / Untold story of Ludwig Van Beethoven • Final Fantasy VII Advent Children (Blu-ray)/ A mysterious illness is linked to an insidious plot • Inside Man(Blu-ray) / Denzel Washington / A well thought-out cops and robbers movie • Quantum Of Solace(Blu-ray) / Daniel Craig / James Bond's nonstop quest for justice • Inkheart(Blu-ray) / Brendan Fraser / A fantasy adventure with magical characters • Angel Of Death / Zoe Bell / People die get over it • Dragonball Evolution / Jamie Chung / Mega action based on the popular video game • Miss March / Hugh Hefner / Teen hormones are raging once again / • Labor Pains / Lindsey Lohan / Faking pregnancy spells trouble • Soloist /Robert Downey Jr./True friendship goes beyond social status

Towing Services
At the
Automotive Skills Center • Bldg 159

Reliable!!!
Friendly!!!
Affordable!!!

\$25 "On Post"

787-707-3972

***Must possess a valid US Military ID or DoD ID Card ***
Towing charges are to and from the Automotive Skills Center.
For other location, please call for a quote.

Bldg. 159
Operating Hours:
Mon - Fri 9 am- 6 pm
Sat 8 am - 5 pm
Sundays and Holidays Closed
Clean-up time starts 30 minutes before closing.

Manager: Stanley Brown
• Telephone: 787-707-3972

Automotive Skills Center THURSDAY SPECIALS 1 - 6 PM

Thu, 3 September
• **Autolift Usage**
Half Price \$2
Reg. Price: \$4 per hour

Thu, 10 September
• **Diagnostic Test**
Half Price \$15
Reg. Price \$30

Thu, 17 September
• **Autolift Usage**
Half Price \$2
Reg. Price: \$4 per hour

Thu, 24 September
• **\$5 Discount on Air-Conditioner Check-up, discount price \$25**
Reg. Price: \$30 per car

Use of Facility Fee: \$1.25 per hour. For more information call
787-707-3972



for our Children and Youth



Child, Youth and School Services contacts:

• **CYS Chief,**
Dr. Irma Julia, 787-707-3399

• **Sports & Fitness Coordinator**
Ms. Arlene Muñoz,
787-707-3466

• **CDS Coordinator,**
Ms. Carmen Dieppa,
787-707-3598

• **SAS Manager**
Ms. María Martínez,
787-707-3280

• **Youth Services Coordinator**
Mrs. Aida Aguilú, 787-707-3783

• **CLEOS**
Mrs. Gladys Colón,
787-707-3434

• **Functional Technology Specialist,**
Ms. Cathleen Hamberg,
787-707-3432

• **Teen Center Recreation Specialist,**
Ms. Mildred Pérez,
787-707-3826

707-KIDS

A hotline to express your concerns or alert the School Liaison Officer and the Command of issues related to our youth. A way for the community to support our youth.

Kids Swim Lessons
September 8 @ Water Spout
Tuesdays, Wednesdays & Thursdays
From 4 pm-4:45 pm or 5 pm-5:45 pm
8 Lessons \$50. For more info 787-707-3550
Ages 4-10

Hourly Care

CYSS has hourly care available for children and youth ages 6 weeks thru 12 years old. Cost: For ages 6 weeks thru 5 years old \$4 per hour; 6 years thru 12 years old \$3 per hour. For more information about these and other CYSS programs, please contact CYSS Central Registration Office at 787-707-3787 or 3434.

SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

CLASSES Ages 5-18

PIANO
Monday through Thursday
3 - 4 pm or 4 - 5 pm
4 classes monthly

TENNIS
Monday through Friday
3 - 4 pm
Saturdays
10 am to noon
4 classes monthly

GUITAR
Monday through Thursday
3 - 4 pm or 4 - 5 pm
4 classes monthly

For fees and registrations visit CYSS Office Bldg. 1020, Buchanan Heights or call **787-707-3787**

DISCOUNTS FOR ACTIVE DUTY SOLDIERS and FAMILY MEMBERS

OLD NAVY

MILITARY APPRECIATION DAY
★ DAY ★
WE'LL DROP & GIVE YOU TEN!

TAKE 10% OFF YOUR PURCHASE TODAY!
THE 1ST DAY OF EVERY MONTH AT OLD NAVY

JUST SHOW US YOUR VALID U.S. MILITARY ID WHEN YOU CHECK OUT.

GOLDEN DOOR
LAS CATALINAS VILLAGE

RECUPERATION... FEELS DELICIOUSLY DIFFERENT FROM HERE

T. 787-863-1000
Call Ext. 7300 for reservations and mention our Military & Family Members 20% discount.

Discount is applicable for Golden Door treatment services, Spa Boutique and Juice bar purchases.

Wellness surrounded where the Caribbean and the Atlantic Ocean meet in turquoise splendor.

Post Library Coupon Club

Need to Save Money?

Learn:

- where to find coupons
- how to organize them
- how to maximize savings by using them and more!

Thursday, 24 September,
11 am - 12 noon at the Library.
Bldg. 518, Depot Road
787-707-3208

AUTOMOTIVE SKILLS CENTER

THURSDAYS OIL CHANGE SPECIAL
• ONLY \$8
(You must bring oil and filter purchased at AAFES gas station)
Saturdays, Mondays, Tuesdays, Wednesdays & Fridays will cost the regular price of \$12

20% Discount
Military ID Required

Valid thru October 09. Certain restrictions may apply.

Johnny Rockets
THE ORIGINAL HAMBURGER

PLAZA DEL SOL, BAYAMÓN 787-779-2566
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LIQUIDACIÓN SOFÁ CAMA FULL REPOSADOS. PRECIO FINAL \$90.00 MIENTRAS DUREN. REPARACIÓN DE MUEBLES DE HIERRO Y ALUMINIO.

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